

BREAKING DEATH GRIP OF DROWNING PERSON



Miss Adeline Trapp, America's greatest endurance swimmer and a life saver, illustrates in photograph how to subdue terror-stricken and frenzied victim.

Miss Adeline Trapp, in a recent endurance swimming match in which thirty U. S. Volunteer Life Savers were entered, was the only woman to arrive at the finish of the twelve-mile swim through "Hell Gate," arriving in fifth position and beating the hardened male veterans of the Life Saving Corps.

Miss Trapp is instructor at the free public baths patronized by the women and children of the poor of New York, and supervises the instruction of over half a million women and children during the three hot months of summer. The one-piece bathing costume, designed by herself, permits of the free use of arms and legs